



## Older Adult 55+ Community Resources Chart

### Community Information Lines

Resource	Contact information	Website
211 Ontario	211	<a href="http://www.211ontario.ca">www.211ontario.ca</a>
Central East Health Line	Phone: (905) 430-3308 TTY: 1-877-743-7939	<a href="http://www.centraleasthealthline.ca">www.centraleasthealthline.ca</a>
Community Care Access Centre – Central East	Telephone: (905) 430-3308 Toll Free: 1-800-263-3877 TTY Line: 1-877-743-7939	<a href="http://www.healthcareathome.ca">www.healthcareathome.ca</a>
Information Durham	Phone: (905) 434-4636 (905) 436-7377 Toll Free: 1-866-463-6910	<a href="http://seniors.durham.cioc.ca/">http://seniors.durham.cioc.ca/</a>
Ministry for Seniors and Accessibility	Telephone: 1-888-910-1999 TTY: 1-800-387-5559	<a href="http://www.ontario.ca/page/ministry-seniors-accessibility">www.ontario.ca/page/ministry-seniors-accessibility</a>

## Transportation

Resource	Contact information	Website
Community Care Durham Transportation	(905) 837-0017	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
DriveTest	1-800-489-8450	<a href="http://www.drivetest.ca">www.drivetest.ca</a>
Durham Region Transit	Toll Free: 1-866-247-0055	<a href="http://www.durhamregiontransit.com">www.durhamregiontransit.com</a>
Durham Region Transit – Specialized Services	(905) 571-1222	<a href="http://www.durhamregiontransit.com/en/routes-and-schedules/on-demand-specialized.aspx">www.durhamregiontransit.com/en/routes-and-schedules/on-demand-specialized.aspx</a>
GO Transit	1-888-438-6646	<a href="https://www.gotransit.com/">https://www.gotransit.com/</a>
Senior Driver's Licence Renewal Program	1-800-396-4233 or 416-235-3579	<a href="http://www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml">http://www.mto.gov.on.ca/english/driver/senior-driver-licence-renewal-program.shtml</a>
Seniors on Wheels	info@seniorsonwheels.ca (647) 224-2879	seniorsonwheels.ca
Service Ontario: Accessible Parking Permit	Telephone: 416-235-2999 TTY: 416-325-3408	<a href="http://www.ontario.ca/page/get-accessible-parking-permit">www.ontario.ca/page/get-accessible-parking-permit</a>
Taxi Services	Bell Taxi – (905) 668-8888  Circle taxi – (905) 668-6666  Lincoln Taxi – (905) 427-1000	

## Housing

Resource	Contact information	Website
Ajax Municipal Housing Corporation	905-683-9269	<a href="http://www.amhchousing.ca">www.amhchousing.ca</a>
Community Care Access Centre	(905) 430-3308	<a href="http://www.healthcareathome.ca">www.healthcareathome.ca</a>
Cooperative Housing Federation of Canada	Telephone: 416-366-1711 Toll-Free: 1-800-268-2537	<a href="http://www.chfcanada.coop">www.chfcanada.coop</a>
Downsizing Diva	416-757-0319	downsizingdiva.com
Durham Region – Housing Services Division	Telephone: (905) 668-7711 Toll Free: 1-800-372-1102	<a href="http://www.durham.ca">www.durham.ca</a>
Durham Region Non-Profit Housing Corporation	(905) 686-1278	<a href="http://www.durham-housing.com">www.durham-housing.com</a>
Emergency Shelters	<p><b>Cornerstone – Homeless Men Oshawa</b> 1-844-443-0254</p> <p><b>Muslim Welfare Home – homeless woman of any denomination - Whitby</b> 1-866-666-1115</p> <p><b>Bethesda House – Women leaving domestic violence or other forms of abuse. - Bowmanville</b> 1-800-338-3397</p>	

	<p><b>The Denise House – Women leaving domestic violence or other forms of abuse - Oshawa</b> 1-800-263-3725</p> <p><b>Herizon House - – Women leaving domestic violence or other forms of abuse - Ajax</b> 1-866-437-4066</p> <p><b>Ys WISH Shelter – Women leaving domestic violence or other forms of abuse - Oshawa</b> 1-888-576-2997</p>	
Landlord and Tenant Board	1-888-332-3234	<a href="http://www.sjto.gov.on.ca/lrb/">www.sjto.gov.on.ca/lrb/</a>
Retirement Residences	<p><b>Chartwell</b> 1-855-461-0685</p> <p><b>Amica</b> 416-487-2020</p> <p><b>Lynde Creek Manor Retirement</b> (905) 470-4000</p> <p><b>Atria Retirement- The Court at Brooklin and The Court at Pringle Creek</b> (905) 665-4837 and 289-274-6713</p> <p><b>Village of Taunton Mills</b> (905) 666-3156</p>	<p><a href="https://chartwell.com/">https://chartwell.com/</a></p> <p><a href="http://www.amica.ca/">www.amica.ca/</a></p> <p><a href="https://www.espritlifestyle.com/locations/lynde-creek-manor/">https://www.espritlifestyle.com/locations/lynde-creek-manor/</a></p> <p><a href="https://www.atriaretirement.ca/retirement-communities/">https://www.atriaretirement.ca/retirement-communities/</a></p> <p><a href="http://www.schlegelvillages.com/taunton-mills-whitby">http://www.schlegelvillages.com/taunton-mills-whitby</a></p>

	<b>Revera</b> (905) 239-0262	<a href="http://www.reveraliving.com">www.reveraliving.com</a>
Senior Helpers	905-426-7200 lharrison@seniorhelpers.ca	

## Day Programs

Resource	Contact information	Website
Abilities Centre	(905) 665-8500	<a href="http://www.abilitiescentre.org">www.abilitiescentre.org</a>
Ajax Seniors Friendship Club	(905) 686-1573 <a href="mailto:55plus@ajax.ca">55plus@ajax.ca</a>	<a href="http://www.ajax.ca/55plus">www.ajax.ca/55plus</a>
Community Care Durham Day Program	(905) 420-5010 ext. 223	<a href="https://communitycaredurham.on.ca/support-education/adult-day-program/">https://communitycaredurham.on.ca/support-education/adult-day-program/</a>
Hillside Estates Adult Day Program	Telephone: (905) 666-6197 Toll-Free: 1-800-372-1102	<a href="https://www.durham.ca/en/living-here/adult-day-programs.aspx">https://www.durham.ca/en/living-here/adult-day-programs.aspx</a>
Oshawa Senior Citizens Centre	(905) 576-6712	<a href="http://www.oscc.ca">www.oscc.ca</a>
Pickering and Village Seniors Centre	(905) 683-8460 <a href="mailto:55plus@ajax.ca">55plus@ajax.ca</a>	<a href="http://www.ajax.ca/55plus">www.ajax.ca/55plus</a>
PROBUS Club		<a href="https://www.ajaxprobus.com/">https://www.ajaxprobus.com/</a> <a href="http://www.durhamwestprobus.org/">http://www.durhamwestprobus.org/</a>
Rouge Hill Seniors Club	(905) 420-4660 ext. 6103	<a href="http://www.pickering.ca/en/living/adults55.aspx">www.pickering.ca/en/living/adults55.aspx</a>
South Pickering Seniors' Club	(905) 420-5049	<a href="http://www.pickering.ca/en/living/adults55.aspx">www.pickering.ca/en/living/adults55.aspx</a>
The Lighthouse Retreat	(905) 426-3300 or 416-899-8744	<a href="http://www.thelighthouseretreat.ca/index.html">www.thelighthouseretreat.ca/index.html</a>
Homebound Wellness Centre Inc.	905-426-3323 416-899-8744 <a href="mailto:info@homeboundwellnesscentre.com">info@homeboundwellnesscentre.com</a>	<a href="http://homeboundwellnesscentre.com">homeboundwellnesscentre.com</a>
Whitby Seniors Activity Centre	(905) 668-1424	<a href="http://www.whitby.ca/en/residents/whitbyseniorsactivitycentre.asp">www.whitby.ca/en/residents/whitbyseniorsactivitycentre.asp</a>

## Exercise and Falls Prevention

Resource	Contact information	Website
Exercise and Falls Prevention Program	Westney Gardens– 1-844-573-8372 Harwood Manor - (905) 427-2888 The Lighthouse Retreat - (905) 426-3300	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
Smart In-Home Exercise Program	(905) 571-3151	<a href="https://www.von.ca/en/service/seniors-maintaining-active-roles-together-smart">https://www.von.ca/en/service/seniors-maintaining-active-roles-together-smart</a>
Philips Lifeline	1-800-387-8120 ext. 7748	Lifeline.ca

## Home and Caregiver Support

Resource	Contact information	Website
Community Care Durham Home Services	(905) 837-0017	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
Durham Doctor House Call Services	(905) 619-6641	<a href="http://www.durhamdoctorshousecallservice.com">www.durhamdoctorshousecallservice.com</a>
Geriatric Assessment and Intervention Network – G.A.I.N.	Carea Community Health Centre (905) 723-0036 ext. 1409 Lakeridge Health Oshawa (905) 576-8711 ext. 34832	<a href="http://seniorscarenetwork.ca/programs-initiatives/programs/geriatric-assessment-and-intervention-network/">http://seniorscarenetwork.ca/programs-initiatives/programs/geriatric-assessment-and-intervention-network/</a>
Home At Last – H.A.L.	(905) 837-0017	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
Homebound Wellness Centre	(905) 426-3323 or (416) 899-8744	<a href="http://www.homeboundwellnesscentre.com/service">http://www.homeboundwellnesscentre.com/service</a>
HomeWell Seniors Care	1-888-898-0216	<a href="http://www.homewellseniorcare.ca">www.homewellseniorcare.ca</a>
Long-Term Emergency Avoidance Plan – L.E.A.P.	(905) 837-0017	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
Seniors for Seniors	(905) 434-5115	<a href="https://seniorsforseniors.ca/oshawa-home-care">https://seniorsforseniors.ca/oshawa-home-care</a>
The Lighthouse Retreat	(905) 426-3300	<a href="http://www.thelighthouseretreat.ca/senior-services.html">http://www.thelighthouseretreat.ca/senior-services.html</a>
VON Durham Hospice Services	(905) 240-4522	<a href="http://www.durhamhospice.org">www.durhamhospice.org</a>
We Care Home Health Services	1-866-729-3227	<a href="http://www.cbi.ca/web/we-care-home-health-services">www.cbi.ca/web/we-care-home-health-services</a>
The Ontario Personal Support Workers Association: Ajax/Pickering Chapter	1.866.723.9082 <a href="mailto:info@opswa.com">info@opswa.com</a>	<a href="https://www.ontariopswassociation.com/">https://www.ontariopswassociation.com/</a>



## Health Organizations

Resource	Contact information	Website
Alcoholics Anonymous	(905) 728-1020	<a href="http://www.aadurham.org">www.aadurham.org</a>
ALS Canada	416-497-2267	<a href="http://www.als.ca">www.als.ca</a>
Alzheimer's Society – Durham Region Branch	(905) 576-2567	<a href="http://www.alzheimer.ca">www.alzheimer.ca</a>
Arthritis Society of Canada	1-800-321-1433	<a href="http://www.arthritis.ca">www.arthritis.ca</a>
Assistive Devices Program	1-800-268-6021	<a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
Autism Ontario - Durham Region Branch	416-246-9592	<a href="https://www.autismontario.com/">https://www.autismontario.com/</a>
Bayshore Health Care	Area Director 289-385-6219 Ext 31802	<a href="http://bayshore.ca">bayshore.ca</a>
Canadian Cancer Society	Telephone: 1-888-939-3333 TTY: 1-866-786-3934 Local: 416-961-7223	<a href="http://www.cancer.ca">www.cancer.ca</a>
Canadian Diabetes Association	1-800-BANTING (226-8464)	<a href="http://www.diabetes.ca">www.diabetes.ca</a>
Canadian Hearing Society	Telephone: 1-866-518-0000 TTY: 1-877-215-9530	<a href="http://www.chs.ca">www.chs.ca</a>
Canadian Heart and Stroke Foundation	1-888-473-4636	<a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
Canadian Liver Foundation	Telephone: 416-491-3353 Toll Free: 1-800-563-5483	<a href="http://www.liver.ca">www.liver.ca</a>
Canadian National Institute for the Blind	Telephone: 1-800-563-2642	<a href="http://www.cnib.ca">www.cnib.ca</a>

Carea Community Health Centre	(905) 428-1212	<a href="https://www.careachc.ca/">https://www.careachc.ca/</a>
Carion Fenn Foundation	289-923-8170	<a href="http://www.carionfenn.org/">http://www.carionfenn.org/</a>
Crohn's and Colitis Canada	Telephone: 416-920-5035 Toll Free: 1-800-387-1479	<a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a>
Durham Deaf Services	(905) 579-3328	<a href="http://www.durhamdeaf.org">www.durhamdeaf.org</a>
Multiple Sclerosis Society of Canada	1-905-626-8654	<a href="http://www.mssociety.ca">www.mssociety.ca</a>
Muscular Dystrophy Canada	Toll Free: 1-800-567-2873 ext. 1121 Telephone: 416-488-2699	<a href="http://www.muscle.ca">www.muscle.ca</a>
Osteoporosis Canada	1-800-463-6842	<a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a>
Ostomy Canada Society	1-888-969-9698	<a href="http://www.ostomycanada.ca">www.ostomycanada.ca</a>
Parkinson's Canada	1-800-565-3000	<a href="http://www.parkinson.ca">www.parkinson.ca</a>
Right at Home Canada	362-881-2378	
The Kidney Foundation of Canada	1-800-387-4474	<a href="http://www.kidney.ca/ontario">www.kidney.ca/ontario</a>
The Lung Association	1-888-344-5864	<a href="http://www.lungontario.ca">www.lungontario.ca</a>
The Mesothelioma Center	dsides@ asbestos.com	<a href="http://asbestos.com/mesothelioma/">asbestos.com/mesothelioma/</a>

## Mental Health

Resource	Contact information	Website
Alzheimer's Society of Durham Region		<a href="http://alzheimer.ca/en/durham">http://alzheimer.ca/en/durham</a>
Canadian Mental Health Association – Durham Branch	1-844-436-8760, (905) 436-8760	<a href="https://cmhadurham.ca/">https://cmhadurham.ca/</a>
Canadian Mental Health Association of Durham (CMA D)	1-844-436-8760	cmhadurham.ca
Centre for Addiction and Mental Health	416-535-8501	<a href="http://www.camh.ca">www.camh.ca</a>
Creating Opportunities for Personal Excellence – C.O.P.E.	(905) 837-0017 ext. 229	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>
Crisis Access Linkage Link (Crisis Hotline provided by DMHS)	Telephone: (905) 666-0483 Toll-free: 1-800-742-1890	<a href="http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/">http://dmhs.ca/news/c-a-l-l-centre-crisis-access-linkage-line/</a>
Durham Mental Health Services	Telephone: (905) 666-0831 Toll Free: 1-855-888-DMHS (3647)	<a href="http://www.dmhs.ca">www.dmhs.ca</a>
Durham Mental Health Services	contact@dmhs.ca 905-666-0483 or 1-800-742-1890	dmhs.ca
Ontario Shores – Centre for Mental Health Sciences	Telephone: (905) 430-4055 Toll Free: 1-800-341-6323	<a href="http://www.ontarioshores.ca">www.ontarioshores.ca</a>
Problem Gambling Institute of Ontario	416 535-8501 ext. 2	<a href="http://www.problemgambling.ca">www.problemgambling.ca</a>
Psychogeriatric Community Support Program	Telephone: (905) 666-4836 Toll Free: 1-866-748-0774	<a href="http://www.communitycaredurham.on.ca">www.communitycaredurham.on.ca</a>

## Financial and Legal

Resource	Contact information	Website
Advocacy Centre for the Elderly	Toll Free: 1-855-598-2656 Telephone: 416-598-2656	<a href="http://www.advocacycentreelderly.org">www.advocacycentreelderly.org</a>
Annuity	844-727-8937	<a href="https://www.annuity.org/">https://www.annuity.org/</a>
Durham Community Legal Clinic	Telephone: (905) 728-7321 Toll Free: 1-888-297-2202	<a href="http://www.durhamcommunitylegalclinic.ca">www.durhamcommunitylegalclinic.ca</a>
Government of Canada - Income Security and Financial Assistance Programs	Telephone: 1-800-277-9914 TTY: 1-800-255-4786	<a href="https://www.canada.ca/en/services/benefits/publicpensions.html">https://www.canada.ca/en/services/benefits/publicpensions.html</a>
Ontario Disability Support Program (ODSP)	Telephone: (905) 440-1030 Toll-Free: 1-800-722-1196	<a href="https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/">https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/</a>
Ontario Securities Commission	Telephone: 1-877-785-1555 TTY: 1-866-827-1295	<a href="http://www.osc.gov.on.ca">www.osc.gov.on.ca</a>
Ontario Works	Telephone: (905) 428-7400 Toll-Free: 1-877-678-6333	<a href="https://www.mcass.gov.on.ca/en/mcass/programs/social/ow/">https://www.mcass.gov.on.ca/en/mcass/programs/social/ow/</a>
Ontario.ca – Tax Credits and Benefits	Telephone: 416-326-1234 or 1-800-267-8097 TTY: 416-325-3408	<a href="https://www.ontario.ca/page/tax-credits-and-benefits-people/">https://www.ontario.ca/page/tax-credits-and-benefits-people/</a>

## Abuse, Support and Safety

Resource	Contact information	Website
Canadian Anti-Fraud Centre	1-888-495-8501	<a href="http://www.antifraudcentre-centreantifraude.ca">www.antifraudcentre-centreantifraude.ca</a>
Distress Centre Durham	(905) 430-2522	<a href="http://www.distresscentredurham.com">www.distresscentredurham.com</a>
Durham Elder Abuse Network – D.E.A.N.	(905) 668-4113 ext. 2460 1-866-299-1011	<a href="http://www.durhamelderabusenetwork.ca">www.durhamelderabusenetwork.ca</a>
Durham Region Police Services	Seniors Support Coordinator 905-579-1520 x5624  Senior Safety Advisor 905-668-4113 x2460	<a href="http://Drps.ca">Drps.ca</a>
Durham Regional Crime Stoppers	1-800-222-TIPS (8477)	<a href="http://www.durhamregionalcrimestoppers.ca">www.durhamregionalcrimestoppers.ca</a>
Durham Regional Police – Victim Services Unit	Emergency Telephone: 911 Non-Emergency: (905) 579-1520 Victim Services: (905) 579-1520 ext. 3400	<a href="http://www.drps.ca">www.drps.ca</a>
Elder Abuse Ontario	Telephone: 416-916-6728 Senior Safety Line: 1-866-299-1011	<a href="http://www.elderabuseontario.com">www.elderabuseontario.com</a>
PFLAG Durham	(905) 231-0533	<a href="http://www.pflagdurhamregion.ca">www.pflagdurhamregion.ca</a>

## Newcomers

Resource	Contact information	Website
Community Development Council Durham	Toll Free: 1-866-746-3696 Telephone: (905) 686-2661	<a href="http://www.cdcd.org">www.cdcd.org</a>
Durham Immigration Portal	Telephone: (905) 668-7711 Toll Free: 1-800-372-1102	<a href="http://www.durhamimmigration.ca">www.durhamimmigration.ca</a>
Welcome Centre Immigration Services	1 877-761-1155	<a href="http://www.welcomecentre.ca">www.welcomecentre.ca</a>
Welcome Wagon	Toll Free: 1-844-299-2466 Telephone: 416-497-8685	<a href="http://www.welcomewagon.ca">www.welcomewagon.ca</a>

## Programs and Services

Resource	Contact information	Website
Ajax Recreation Programs & Special Events	(905) 427-8811	<a href="http://www.ajax.ca/55plus">www.ajax.ca/55plus</a>
Ajax Public Library	(905) 683-4000	ajaxlibrary.ca
Ajax Seniors Friendship Club	(905) 686-1573 <a href="mailto:55plus@ajax.ca">55plus@ajax.ca</a>	www.ajax.ca/55plus
Durham Bangladeshi Canadian Community Inc.	<a href="mailto:dbccgroupinfo@gmail.com">dbccgroupinfo@gmail.com</a>	
Durham Chinese Cultural Centre	<a href="mailto:info@durhamchinese.ca">info@durhamchinese.ca</a>	<a href="http://durhamchinese.ca">durhamchinese.ca</a>
Lion Club Ajax	905-427-2476 ajaxlionsclub.com/	ajaxlionsclub.com/
Pickering and Village Seniors Centre	(905) 683-8460 <a href="mailto:55plus@ajax.ca">55plus@ajax.ca</a>	<a href="http://www.ajax.ca/55plus">www.ajax.ca/55plus</a>
PROBUS Club		<a href="https://www.ajaxprobus.com/">https://www.ajaxprobus.com/</a> <a href="http://www.durhamwestprobus.org/">http://www.durhamwestprobus.org/</a>
Rangtarang Club	<a href="mailto:info@rangtarang.ca">info@rangtarang.ca</a>	rangtarang.ca
Rotary Club	<a href="mailto:info@ajaxrotary.org">info@ajaxrotary.org</a>	ajaxrotary.org
Royal Canadian legion – Branch 322	905-683-7811 <a href="mailto:rcl322@rogers.com">rcl322@rogers.com</a>	

## Food and Nutrition

Resource	Contact information	Website
Community Care Durham	(905) 837-0017	<a href="http://communitycaredurham.on.ca/">http://communitycaredurham.on.ca/</a>
Heart to Home Meals	1-844-479-2255	<a href="https://www.hearttohomemeals.ca/">https://www.hearttohomemeals.ca/</a>